

# NEW FAIRFAX COUNTY YOUTH FOOTBALL LEAGUE WEIGHT CHART

(League age is the participant's age as of October 1, 2013)

Age → Div ↓	7	8	9	10	11	12	13	14	15	16
<b>AB</b>	UNL	<b>90</b>	<b>55</b>							
<b>80</b>		<b>100</b>	<b>90</b>	<b>85</b>	<b>80</b>					
<b>90</b>			<b>110</b>	<b>100</b>	<b>95</b>	<b>90</b>				
<b>100</b>				<b>120</b>	<b>110</b>	<b>105</b>	<b>100</b>			
<b>115</b>					<b>135</b>	<b>125</b>	<b>120</b>	<b>115</b>		
<b>130</b>						<b>150</b>	<b>140</b>	<b>135</b>	<b>130</b>	
<b>155</b>							<b>175</b>	<b>165</b>	<b>160</b>	<b>155</b>

**THE WEIGHTS LISTED ARE MAXIMUM WEIGHTS**

(Changes in the weight chart are listed in red)

For more information on the Alexandria Titans Youth Football Program call 703.746.5402 or visit [www.alexandriava.gov](http://www.alexandriava.gov)  
 For more information on the Fairfax County Youth Football League visit [www.fcyfl.org](http://www.fcyfl.org)